



Today's itinerary mainly follows the southern slopes of the massif of Monte Sant'Angelo a Tre Pizzi. You will enjoy vast panoramas that change at every bend and as you gradually get higher. This trek is almost entirely exposed to the sun so it could be rather hot. The last point for replenishing water is just 2km from Bomerano, so you need to take this into consideration and make sure you have enough with you.

Apart from walking along most of the Path of the Gods, we will climb to the top of Monte Tre Calli (1.122), cross the 2002 rockfall and then from the Forestale we will commence the steep ascent to the Conocchia.

The elevation today is the same as yesterday's at 1.400m, but with 6km less to walk, there will be all the time to admire the views and take lots of photos. We will be following the same route between Conocchia and Casa del Monaco tomorrow, but in the morning and in the opposite direction.

From Casa del Monaco to the end of the trek we will walk through splendid beech woods. The last part of the path follows the ridge descending gently from the Sanctuary of San Michele to Piazzale dei Capi, our arrival point.

During the last hour of this walk, the views will be very different from those of the morning and early afternoon, since we will be overlooking the area of Vesuvius, dominated by the volcano, and the entire Bay of Naples.

Over these first three days we will have already completed over half of the total elevation of the Trek!

